

ROWING TECHNIQUE WORKSHOP

DATE: SUNDAY 8 MARCH 2009

VENUE:

PRESENTER:

COST: £5.00

TIME: 13.30 - 16.30

Aimed at Club Coaches of all levels

The afternoon will comprise of a theoretical presentation by a GB coach on the key principles of GB rowing technique.

This will be followed by a supported practical workshop using machines and demonstrations on the water.

